

DO NOT remove all the fat from your diet because it is a vital nutrient that provides energy and vitamins that are needed for healthy skin and proper growth.



Remember that fat should **NOT** be reduced in children under age two because it is vital for their growth and development.



DIET TIPS

- Limit foods with **saturated** fats such as animal fats, palm, and coconut oils.
- Eat foods that are *high* in **monounsaturated** fats such as seafood, olive and canola oils.
- Eat foods that have **polyunsaturated** fats found in them such as plants and seafood.

Healthy Food Substitutions

Instead of...

Whole milk
French Fries

Sour Cream
Chips

Ice cream
Cheeseburger

Donut

Use this...

1% or skim milk
Baked potatoes

Low fat yogurt
Popcorn

Frozen yogurt
Grilled chicken

Bagel



Preparing Meals

Instead of...

Lard & Butter
One whole egg
Frying

Liquid oil in
baked goods

Use this...

Olive oil
Two egg whites
Baking,
steaming
boiling, broiling,
& grilling
Applesauce

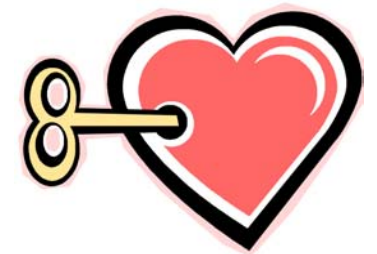


MORE TIPS...

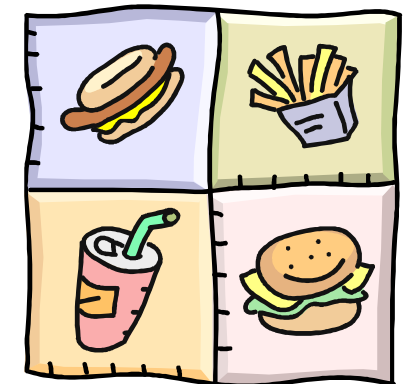
- Use low-fat or nonfat salad dressings.
- Use low-fat or non-fat yogurt, non-fat sour cream, or fat-free ranch dressing to top potatoes.
- Choose lower fat luncheon meats; sliced turkey or chicken breast, lean ham, or lean beef.
- Trim fat you can see from meats.
- Offer fruits and vegetables for snacks.
- Use cooking spray when cooking instead of oil, butter, shortening, or lard.
- Watch portion sizes.



KEY NUTRIENT



FAT



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Heart Disease is the #1 cause of death in the country.

Eating less fat in your diet is one way to reduce your risk of heart disease.



TYPES OF FATS

- Saturated
- Unsaturated
 - Monounsaturated
 - Polyunsaturated

Saturated fats are more likely to cause heart disease than other fats. These are the types of foods that need to be *reduced* in your diet. These fats are mainly found in:

- Meat
- Poultry with skin
- Whole milk dairy products
- Coconut, palm kernel, & palm oils



READING A FOOD LABEL

Nutrition Facts			
Serving Size: 1 cup (30g)			
Servings Per Container: 14			
		Cereal with 1.2 cup Skim Milk	
Amount Per Serving	Cereal		
Calories	120	160	
Calories from Fat	10	10	
		%Daily Value**	
Total Fat 1g*	2%	2%	
Saturated Fat 0g	0%	0%	
Cholesterol 0mg	0%	0%	
Sodium 0mg	0%	3%	
Total			
Carbohydrate 21g	7%	9%	
Dietary Fiber 2g	8%	8%	
Sugars 1g			
Protein 4g			
Vitamin A	0%	4%	
Vitamin C	0%	2%	
Calcium	2%	15%	
Iron	6%	6%	
* Amount in Cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.			
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than 65g	80g	25g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	4,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrates 4 • Protein 4			

Choose a diet that provides **no more than 30%** of total calories from fat. There are 9 calories per gram of fat. If you eat a 2,000-calorie diet, you can have no more than 65 grams of fat, or about 600 calories from fat.

SERVING SIZE: Here's where you find out what equals a serving and how many servings are in a container.

CALORIES: Here's where you find how many total calories per serving and how much comes from fat.

TOTAL FAT: You'll find a gram total and daily percent for saturated fat. This is what you need to look at when choosing foods low in fat.

PERCENT DAILY VALUE: Tells if the nutrients in a certain food add a lot or a little to your total daily diet. There is 1 gram of fat in this cereal without milk, which is 2% of your total daily value. This means you have 98% of the total fat you can eat left for the other foods you eat that day.



GOALS:

High-fat foods I will reduce in my diet:

Food substitutions I will try:

I will decrease the number of servings of high fat foods I eat per day by _____ servings.